

Bison Burger

Yield: 6-8 servings

Ingredients

2 pounds ground bison (buffalo)	2 tbsp. finely chopped fresh sage
1 ½ teaspoons salt	2 teaspoons black pepper
½ onion, finely chopped	2 Tbsp. vegetable oil
Smoky barbecue sauce, to taste (optional)	

Directions

1. Sauté the onions in the olive oil over medium-high heat until translucent. Turn off the heat and let it cool.
2. When the onions are cool enough to touch, use your (clean) hands to gently mix them in with the bison. Fold in the rest of the ingredients until onions, sage, salt, and pepper are well mixed in. Do not overwork the meat, it will result in a tough burger.
3. Form patties using about 1/4 to 1/3 of a pound of meat per patty. **Tip:** If you press a slight indentation in the center of each patty it will help keep the burgers in a disk shape.
4. Grill or fry the burgers on medium heat, about 6-7 minutes per side. Do not press on your burgers while cooking, and keep flipping to a minimum. Let the burgers rest about 5 minutes before serving.

